

MUJUK



HOTEL  
XCARET  
ARTE

/SPA

Hotel Xcaret Arte

TREATMENTS



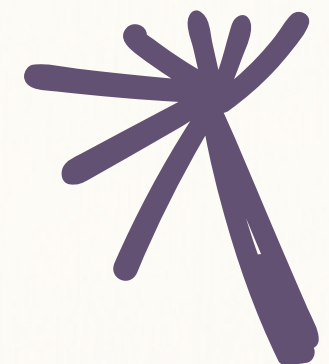




# The Journey

Welcome to an experience in which you will be the alchemist of your own wellness.

Our personalized service and eco-integrated architecture will take you to a secret place within yourself where healing and inspiration will be your best gifts.





# / Welcome

Come and enjoy a renewing experience  
in a retreat designed to pamper your senses.

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Nature is both our muse and teacher. In *Muluk Spa* we respectfully and responsibly obtain the ingredients needed to design treatments that relax and nourish you, from the surface of your skin to your core.

We use natural and organic products of the highest quality.





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/ Renewing Rituals





## "BE" RELAXING MASSAGE

*50 minutes*

\$4,450 MXN

A traditional massage, using gentle hand movements on the muscles with long, firm strokes, circular friction and other techniques combined with the relaxing properties of lavender and chamomile. It helps improve circulation and flexibility and offers instant renewal.

## MULUK NATURE

*50 minutes*

\$4,150 MXN

An ancient massage technique with movements as subtle as those of the Caribbean Sea. We use coconut oil enriched with avocado and magnolia to stimulate circulation. The intense, floral aroma exudes calm and relaxation during the massage.



## MULUK INSIGNIA

*100 minutes*

\$7,100 MXN

It begins with a delicious arnica foot exfoliation and continues with an 80 minutes massage, fusing our insignia movements with aromatherapy oils to help balance mind and body, creating a feeling of being surrounded by wellbeing and peace.

This Mayan ritual lasts a total of 100 minutes.



**DEEP TISSUE MASSAGE**      \$4,330 / \$5,550 MXN  
*50 or 80 minutes*

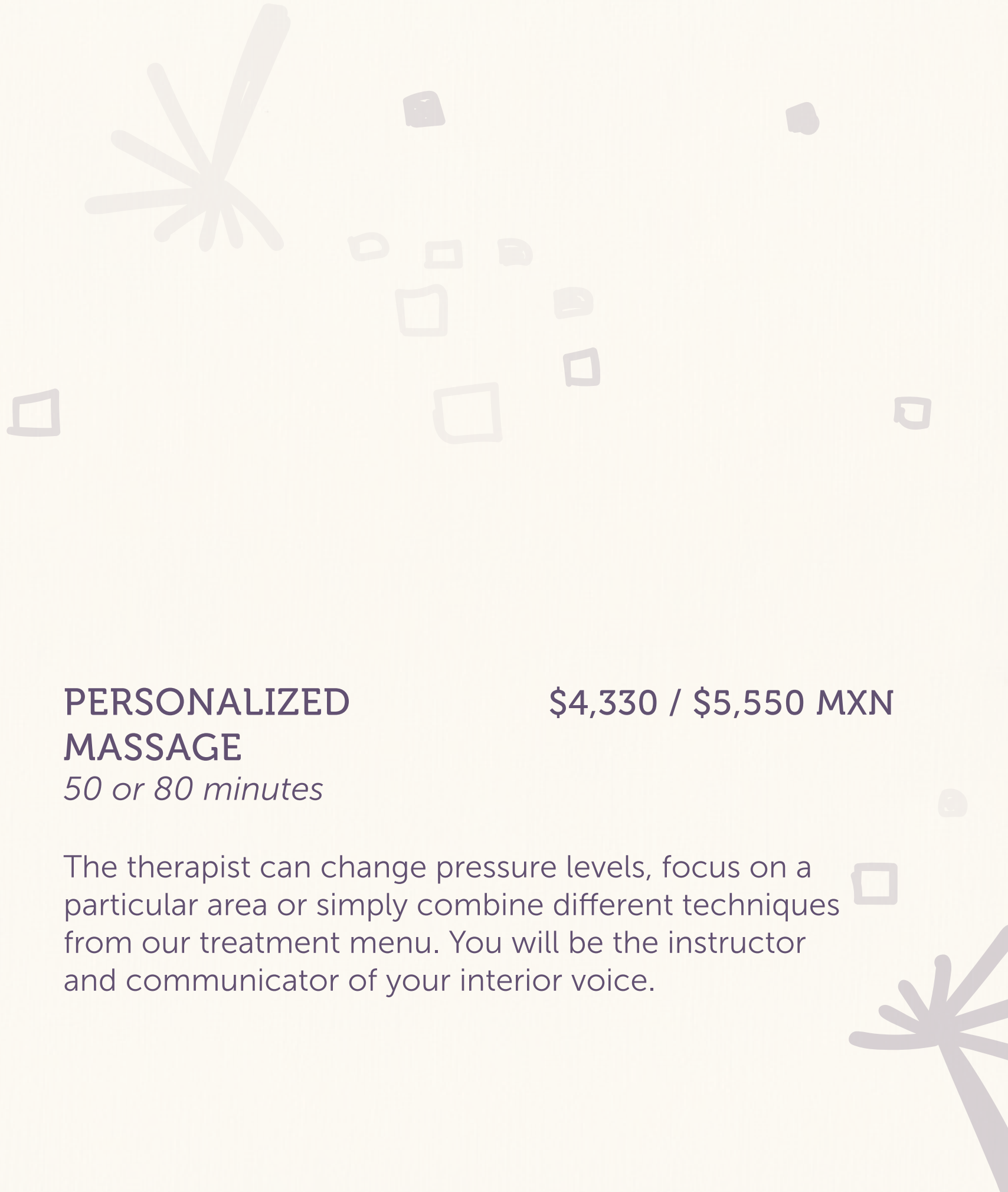
It works on the body’s deepest tissues to help loosen up muscles freeing them of deep tension, alleviating pain and achieving a high level of relaxation that brings lasting benefits. It improves flexibility and fluidity of movements.

**SPORTS MASSAGE**      \$4,330 / \$5,550 MXN  
*50 or 80 minutes*

An invigorating experience that helps tone and prepare muscles for high performance sports. It helps reduce fatigue and rehabilitates minor injuries by stretching and flexing limbs, thus benefitting the neuromuscular system.

**PERSONALIZED MASSAGE**      \$4,330 / \$5,550 MXN  
*50 or 80 minutes*

The therapist can change pressure levels, focus on a particular area or simply combine different techniques from our treatment menu. You will be the instructor and communicator of your interior voice.







/ Balancing Rituals





## DESERT HEAT RITUAL

*80 minutes*

**\$4,840 MXN**

A warm and bubbling experience begins with a personalized exfoliation that removes dead cells and stimulates circulation. It is followed by spreading Mexican desert clay, rich in minerals and copper, on the body. A light moisturizing cream is the perfect ending to this delight.

## HOT STONES MASSAGE

*80 minutes*

**\$5,710 MXN**

We use direct heat from volcanic basalt stones, heated in water and applied to specific areas of the body. They work like a delicious sedative, alleviating chronic pain, reducing stress and offering deep relaxation.





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## HONEY CANDLES RITUAL 🕯️ \$4,330 MXN *50 minutes*

Our candles are made of honey, soy wax, natural oils and essences, offering nourishing, protecting and hydrating benefits to your skin. When melted, the soft, warm oil produced is at the perfect temperature to pamper each of your pores.



## 4 HANDS MASSAGE

*50 minutes*

\$5,620 MXN

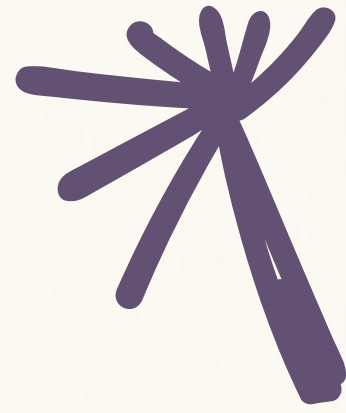
Two therapists perfectly synchronize several massage techniques to take you to an immensely sublime state of relaxation. The healing power of hands was considered to be a sacred gift in the ancient civilizations where it was practiced.





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/ Purifying Rituals





## CORN AND CACAO EXFOLIATION

*30 minutes*

\$3,120 MXN

This exfoliation is the first step to getting a perfect tan. It combines ancient extracts and energizing ingredient like cacao and corn, which remove dead cells and impurities from the skin to make way for the copper tones gifted to us by the Mayan sun in the heart of the Riviera Maya.

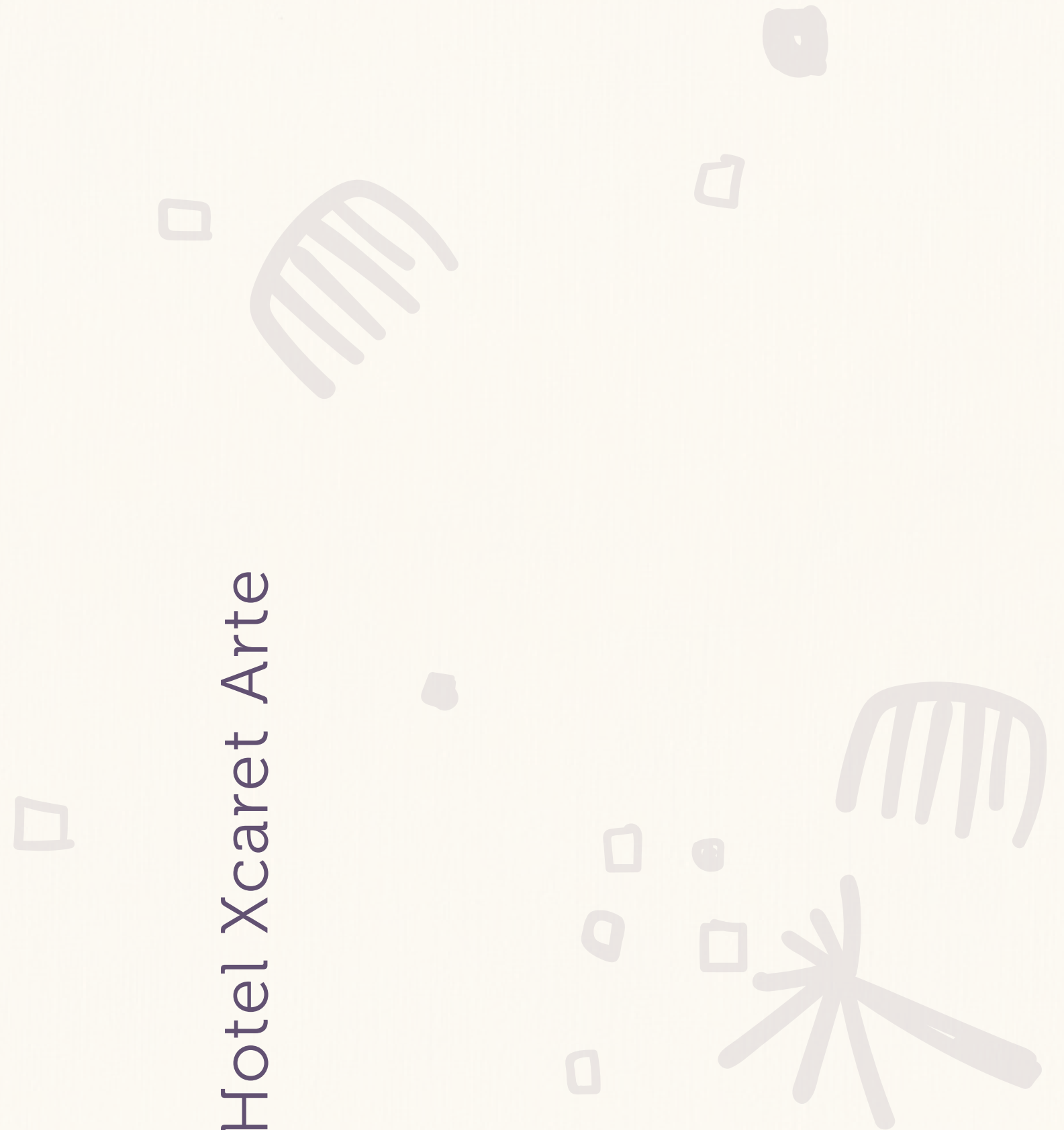
## HONEY DELIGHTS EXFOLIATION

*30 minutes*

\$3,120 MXN

The honey of melipona bees, considered to be the Food of the Sun, will wrap you in a hydrating cocoon, restoring harmony to your emotions and balance to your organism.

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## COFFEE POT EXFOLIATION

*30 minutes*

\$3,120 MXN

A delicious ancestral treatment with coffee infused with sugarcane juice (piloncillo). Its natural extracts offer natural saccharides to combat aging and also to moisturize, exfoliate and leave your skin radiant and shining.

## TROPICAL KELP EXFOLIATION 🌿 \$3,120 MXN

*30 minutes*

Delightful sensations to the touch and smell, with an impeccable renewing technique. Marine salts from ocean foam energize the body and eliminate toxins from the skin leaving it smooth and clean.





/ Restoring Body  
Treatments



## COFFEE POT WRAP

*80 minutes*

Exquisite aromatic body treatment that recreates traditional wraps in an ancient coffee ritual with sugarcane juice and oats, rich in natural antioxidants. It brings energy and a feeling of happiness.

## MAGNOLIA AVOCADO WRAP

*80 minutes*

Famous for its great versatility, the magnolia or "enchanted flower" with avocado wrap offers a subtle and soft experience. A perfect treatment offering exfoliation and nourishment to renew and moisturize the skin with vitamins, minerals and enzymes, resulting in a healing and healthy experience.

\$4,840 MXN

\$4,840 MXN

## KAOLIN MANGROVE WRAP

*80 minutes*

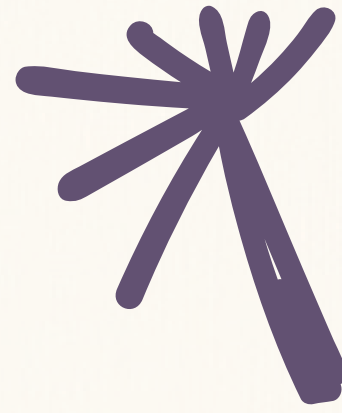
A versatile treatment inspired by the Mayan art of applying purifying clays rich in minerals. Upon submerging in the cocoon, toxins are eliminated from the body, while blood and lymphatic circulation are stimulated, offering an exceptional sense of wellbeing.





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/ Beauty Rituals





## MINI FACIAL 🌿

*25 minutes*

\$2,410 MXN

This facial, which has its origins in local natural wells called cenotes, cleans and hydrates your skin. It invites you to reconcile yourself with this the purest of elements, and helps you enjoy a fresh and renewed skin.

## HONEY RICH HYDRATING FACIAL 🌿

*50 minutes*

\$4,110 MXN

Water is born from the earth; the soul is born from water. This facial is ideal for dry and dehydrated skins. Propolis honey with lavender stimulates circulation, moisturizes and tones skin, making it more compact and radiant.

## FIRMING MAYAN LIME FACIAL 🌿

*50 minutes*

\$4,110 MXN

Its aroma is a poem. Lime is a traditional fruit and when its essential oil combines with green tea and soy protein, it clears the skin, strengthens facial features, instantly has a lifting effect and reduces expression wrinkles. This results in a porcelain skin.



**APPLE  
TEMPTATION FACIAL** 🍏

*50 minutes*

A fascinating treatment that fuses artistic techniques when applying the massage, to induce a state of deep relaxation. It is rich in antioxidants and apple, orange and arnica extracts, nutrients that bring youthfulness and shine to the face.

**SENSITIVE SKIN FACIAL** \$4,400 MXN

*50 minutes*

Sacred plants have inspired us to select marigold and aloe vera for their healing ingredients that quickly reduce hypodermic irritation and reddening. A refreshing veil that counters hypersensitivity caused by the sun's rays and helps microcirculation.





# Hotel Xcaret Arte

## GENTLEMAN'S FACIAL *80 minutes*

\$4,220 MXN

A facial that symbolizes man's creation with corn and activated carbon, complemented with clay and arnica to give a purifying, repairing and relaxing effect, making the face reflect self-confidence and security. It is inspired by the heroes who inhabit the earth.







# /GUIDE

Hotel Xcaret Arte

## What happens if I forget to show up for my appointment?

We hope this doesn't happen. We want to give you the best service possible in **Muluk Spa!** Our policy stipulates that if you don't show up for your appointment a charge will be made to your account for 100% of the total value of the booked treatments.

## What happens if I have a health problem?

All guests are asked to fill in a medical questionnaire upon registering. However, before booking, we suggest you let the **Muluk Spa** receptionist know about any illness, recent surgery, or special condition.



## Can I request a particular male or female therapist?

We will do our best to allocate you your preferred therapist. However, we cannot guarantee that a certain male or female therapist will be available at the time of your appointment. We ask you to trust us regarding the high standard of training and respect for your privacy of all our staff.

## What policies should I bear in mind?

For your safety, and everyone else's, please keep the following in mind: smoking, bringing food into the spa, walking barefoot and using mobile phones in the **Muluk Spa** facilities is strictly forbidden. Services and facilities are exclusive for people over 18 years old.

Treatments will not be offered to anyone under the influence of alcohol or drugs.

## What is our cancellation policy?

All cancellations must be made before 17:00 hours the day before the appointment. After this time, there will be no refund and changing the appointment will be subject to availability. Reservation changes can be made within a period of no longer than four hours before the appointment. If a change is made at the last moment, a 50% charge will apply.

## How long before my treatment should I register?

We recommend you register an hour and a half before the time of your treatment, in order to fully enjoy our hydrotherapy facilities. Our welcome protocol in which we provide you with sandals, robe and locker, lasts approximately 30 minutes.



## What precautions should I take?

Avoid eating heavy food at least two hours before your appointment. Avoid drinking alcoholic beverages if you are going to do exercise, enter the sauna, steam room or any other heat-based treatment. Do not shave your legs before a body exfoliation and avoid sunburn, since it might prevent you from taking or enjoying your spa treatments.

## Should I use underwear when receiving treatments?

**Muluk Spa** will provide you with disposable clothes for body treatments.

## How are gratuities handled?

Additional gratuities are offered at your discretion.

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## Opening hours and contact

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Spa facilities open daily from 9 a.m. to 8 p.m.  
For reservations, please call:

+52 (984) 257 7200 Ext. 37701

E-mail. [hxarecspa@hotelxcaret.com](mailto:hxarecspa@hotelxcaret.com)

**We look forward to seeing you!**







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